

# Ready for Life Awards

KS2



Name:

Ready for Life Awards

<p><b>Awards</b></p>	<p><b>Take Notice</b></p> 	<p><b>Keep Learning</b></p> 	<p><b>Give and be Kind</b></p> 	<p><b>Be Active and Healthy</b></p> 	<p><b>Global Citizenship and Cultural Awareness</b></p> 
<p><b>Overview</b></p>	<p>Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to school, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.</p>	<p>Try something new. Rediscover an old interest.</p> <p>Learning new things will make you more confident as well as having fun.</p>	<p>Do something nice for family, friends and yourself. Look after your local environment and wildlife.</p> <p>Giving and kindness comes in many forms. You can support charitable causes by donating and raising money but you can also be kind by giving your time, advice, support and friendship. Self-kindness and learning to take care of yourself is also very important and essential for your own well-being.</p>	<p>Being active and healthy makes you feel good. Most important, discover a physical activity you enjoy and that suits your level of mobility and fitness.</p> <p>Learn what it takes to be a good athlete and how to live a healthy lifestyle.</p>	<p>A global citizen is someone who is aware of and understands the wider world – and their place in it. Take an active role in your community, and work with others to make our planet more equal, fair and sustainable.</p>

The Take Notice Award		
Gold 10 activities to complete	Get creative and take pictures with a camera! Focus on capturing what's before you. Use the images to make a collage.	
	Visit an art gallery.	
	Go for a walk in the countryside. Use all your senses to write a description of your experience.	
	Watch a play or a dance production- record your experience in any way you wish.	
	Listen to a friend or family in need and consider ways to support them.	
	Grow a butterfly garden and keep an ongoing record of the caterpillars turning into butterflies. eg. video diary, life cycles presentation.	
	Collect frog spawn and keep an ongoing record of the tadpoles turning into frogs. eg. video diary, life cycles presentation.	
	Take notice of your future. Consider your future careers and investigate what skills you need.	
	Take more notice of your family and friends – write a list of things you can do to make them happy.	
	Watch the seasons changing – create a piece of artwork to represent this.	
	Create a list of your personal goals.	
	Write a recount of an event you have experienced eg. a holiday, day trip.	
	Write a letter to your teacher at the end of a term reflecting on what you have enjoyed most.	
	Reflect on your contribution to the environment and create a list of rules you can follow to reduce your plastic consumption.	
	Keep a diary of your observations watching birds over an amount of time.	
	Grow three of the same plants in different conditions and keep notes of how they grow differently eg. dark, warm etc.	
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Platinum 5 activities to complete	Design and create a meditation/reflection area in your garden or home.	
	Go outside and paint what you see.	
	Identify an area in your school or local community that needs improvement. Design and deliver a project involving others to enhance it.	
	Take notice of the things that you think could be improved in school, create a Powerpoint and give it to your Learning Forum representative to feedback to the team.	
	Carry out a self reflection project identifying areas of development to improve your overall well-being eg. mental health, resilience, confidence alongside setting goals for next steps.	
	Write a daily diary which creates a permanent record of your thoughts, feelings, and the events in your life. Use this to reflect.	
	Write a personal manifesto that describes your core values and beliefs, the specific ideas and priorities that you stand for, and how you plan to live your life.	
	Create a presentation or information leaflet on happiness. Research what makes people happy and identify areas of development within your own life.	
	Take notice of a local community issue such as homelessness, vandalism, rubbish, traffic issues and create a powerpoint about one of them – identify next steps to help combat the problem.	
	Take notice of things you need to work on for each subject in school and write down your targets.	
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<b>MUST HAVE: Present your work at the community links exhibition at Christmas Fair or Summer Fair</b>		

The Keep Learning Award

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<p><b>Gold</b></p> <p>10 activities to complete</p>		Learn to play a musical instrument.	
		Keep your own glossary of words as you discover new words and meanings.	
		Visit local festivals to learn something new eg. The Medieval Festival, The Literature Festival, Science Festival.	
		Visit Cheltenham Science Centre - <a href="https://www.cheltenhamsciencegroup.co.uk/">https://www.cheltenhamsciencegroup.co.uk/</a> .	
		Design and make a meal for your family using 'The Eatwell Plate' designed by the Food Standards Agency".	
		Find out about Gloucester's Roman history.	
		Eat something you have grown.	
		Research an artist and create a piece of work in their style.	
		Watch a play or dance production.	
		Research environmental sculpture artists and make your own natural sculpture in the wild.	
		Go orienteering/geocaching.	
		Draw a map of your local area.	
		Learn about the Victorians and visit the Holst Museum.	
		Learn what it was like for soldiers and their families throughout the last three hundred years at the Soldiers of Gloucester Museum.	
		Learn to knit, crochet or sew.	
		Compose a piece of music eg. using the Garage Band App.	
		Visit a new place e.g. city/ country and write a diary/scrap book of what you did.	
		Write your own play and perform with friends and family.	
		Learn about Edward Wilson by visiting The Wilson Gallery in Cheltenham.	
	<p><b>Platinum</b></p> <p>5 activities to complete</p>		Learn to tell the time confidently to the nearest minute.
		Achieve three personal bests in your times tables tests.	
		Learn about money in real-life situations. Find totals and check your change.	
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		Create an internet safety presentation to share with your year group.	
		Write a newspaper report on a current affairs issue and share in class.	
		Use a computer programme (Scratch/Kodu) to make a game and ask friends or family to play.	
		Write a biography on a family member.	
		Design a product or business idea and pitch it to investors (in school task – Dragons Den).	
		Write a speech on something you are passionate about.	
		Plan and interview someone linked to your aspirations/future career eg. nurse.	
	Conduct a range of science experiments.		
	Create a tourism information leaflet about Gloucester.		
	Plan a tour around the city of Gloucester. Where would you go and what history could you share?		
	Compose and perform a piece of music/song using musical instruments or using multitrack production software such as GarageBand.		
	Write a biography on a famous Gloucestershire person.		
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**Give and Be Kind Award**

	<b>Give and Be Kind Award</b>	
<b>Gold</b>  10 activities to complete	Collect any unwanted books and magazines and donate them, eg. to the local doctor's surgery.	
	Give up one of your breaks each week to support the school, eg. tidying the classroom, reading to another child.	
	With an adult, offer to do the food shopping for a neighbour or someone in need eg. the elderly, sick.	
	Be kind to yourself and do some exercise eg. go for a walk, run, bike ride, skip in the garden, help do some gardening.	
	Make a donation to charity using your pocket money.	
	Be kind to yourself by identifying strategies that help you feel better when angry e.g. counting to ten, slow breathing, listening to calm music, having a cuddle with your teddy bear. Talk to your family about what works best for you.	
	Make a difference in school eg. volunteer to be a helper in class, apply for Eco Council, a School Librarian, support the lunchtime supervisors by offering help.	
	Research the importance of Fair Trade and challenge your family to make one change in their weekly shop.	
	Take the Lunchtime challenge – if you have packed lunches make sure you leave no waste for at least a week. Try to reduce the amount of plastic you use/ attend an eco- wrapper workshop to see if you can cut out plastic completely.	
	Do a presentation to your class about any issues to improve/save the environment eg. water use, reducing plastic, saving energy.	
	Take part in a sponsored event to support a charity.	
	Visit the dentist and check you are looking after your teeth properly.	
	Support the wildlife in your garden eg. putting out bird feeders, providing a water source for wildlife, make a bug hotel.	
	Get involved in a community project e.g. Great British Spring Clean in your local area, Beat the Street.	
	Donate to a food bank.	
	Donate something you no longer need to a charity shop.	
	Take good care of yourself and reduce the amount of sweets, chocolate and fizzy drinks you consume.	
	Make a list of relaxation techniques and try a few – meditation, listening to music, doing some mindful colouring, having a bath, reading a book.	
	Give some of your time to help others.	
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<b>Platinum</b>  5 activities to complete	Plan, market and deliver your own community betterment project eg. fundraising event, volunteer project.	
	Put your name down to start volunteering eg. at an animal shelter, old people's home, Gloucester Feed the Hungry, litter picking projects.	
	Make a difference in school e.g. apply for Eco Council, Learning Forum, Digital Leaders, School Librarian.	
	Do a car boot sale in aid of a charity that is important to you.	
	Leave a Legacy at Abbeymead – what difference could you make for future generations e.g. donate a book to the library, school uniform for other children.	
	Keep up to date with current affairs through the news/weekly junior and identify one cause to write a newsletter about e.g. palm oil, plastics in the sea, fair trade, refugees, a natural disaster.	
	Do a five-minute presentation to your year group about anything related to 'giving' eg. raising money for a charity, disaster relief, random acts of kindness, a community project.	
	Lead a debate on a topical issue eg. should you give money to homeless people, or should palm oil be banned?	
	Give up your time for a week and read to a younger child.	
	Look after yourself by making five healthy living changes for half a term – eg. up your exercise, fruit and vegetables intake, reduce the amount of sweets/cakes/fizzy drinks, go to bed early, talk about your mental well-being, keep a diary.	
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The Be Active and Healthy Award

The Be Active and Healthy Award		
<p><b>Gold</b></p> <p>10 activities to complete</p>	Take part in a community run or sponsored run/walk.	
	Take part in three junior park runs – can you beat your personal best each time?	
	Join/take part in a sporting extra-curricular club in or out of school.	
	Represent your school or local community by taking part in a sporting competition.	
	Lead wake and shake in your classroom.	
	Keep a food diary for a week and work with your family to identify how you can improve it and set some targets.	
	Research Paralympic Values, para sports and inspirational achievements around the world and share your findings with your family.	
	Take part in a sport you have never tried – cross country running or bike riding/volleyball, cricket.	
	Take part in the Bikeability Scheme to learn how to be safe on the roads.	
	Get a reward for your sporting achievements eg. man of the match, swimming badge.	
	Take part in a sporting community initiative eg. Beat the Street.	
	Visit one of the local sporting centres eg. Matson Ski Centre, The Warehouse, a trampoline centre, GL1.	
	Choreograph a dance to a piece of music, individually, with a friend or group and present in a PE lesson.	
	Educate others about the importance of physical activity and change the habits of a family member by organising a regular physical activity for them e.g. encouraging them to do a daily walk, join a club.	
	Record the amount of exercise you do each day for a week. Set a target for the following week to help you improve further.	
	Pack your own healthy, balanced lunch for school for a whole week.	
	Take part in a children’s triathlon e.g. Cheltenham or Forest of Dean.	
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<p><b>Platinum</b></p> <p>5 activities to complete</p>	Plan and run your own sporting club at school.	
	Research the importance of keeping active and share with the rest of your year group through a presentation or leaflet.	
	Represent your school or County in a sporting event.	
	Make a significant lifestyle change that will dramatically change your fitness and well-being and share the impact with your class.	
	With a friend or group, research the physical and mental qualities needed to be a professional sportsman and deliver a Key Stage Assembly.	
	Create a powerpoint of inspirational sporting people and sporting quotes that the teachers can use with their class.	
	Take the Paralympic Values and identify how you could use to these to have an impact in your daily life over half a term. Set personal targets and evaluate your progress with your family.	
	Plan and lead warm up in class PE sessions and work with teacher to support other children in a lesson.	
	Write a match report for a sporting event.	
	Challenge yourself – play a sport you would not have considered playing before.	
	Keep a sporting/outside activity diary for a week.	
	Prepare and cook your family a healthy meal.	
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	Global Citizenship and Cultural Awareness	
<p><b>Gold</b></p> <p>10 activities to complete</p>	Be a penpal – make a friend from another country.	
	Find out about one of the following issues – whaling, poaching, deforestation, animal testing.	
	Pick a country and research the food they like to eat. Choose one dish to make, sweet or savoury.	
	Join a community group.	
	Discover other cultures through visiting places of worship and make notes about how they are different.	
	Create a photo collage of your locality to show to someone who is not from the same area.	
	Research endangered animals – What are the top five and what can be done to help them?	
	Take part in a current topical debate with your family.	
	Research religious festivals through visiting places of worship and the local library.	
	Research the old and new ‘Wonders of the World.’	
	Learn the capital cities of 10 countries around the world.	
	Look at the UN Human Rights of a Child and identify the ten you think are most important to you.	
	Research famous peace keepers in history and write a biography about one of them.	
	Calculate your homes water usage - <a href="https://www.agkwa.co.uk/en/">https://www.agkwa.co.uk/en/</a>	
	Should we buy locally produced vegetables only? Write the pros and cons.	
	Research what it means to live sustainably.	
	Go to a carnival and observe the different cultures and traditions exhibited eg. Gloucester Carnival in July.	
	Research all the current Gloucester Rugby players and plot all their home countries on a map.	
	Make a PowerPoint about five famous people around the world – athletes, world leaders, religious leaders, artists.	
	Investigate the statement – “all poor people are unhappy”. Discuss with your family and friends. Do you agree or disagree?	
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<p><b>Platinum</b></p> <p>5 activities to complete</p>	Research why people flee their home country and write a non fiction report about refugees.	
	Research the cultural heritage of your local area. Find out why different groups settled in Gloucester. Did they move to be near family? Were they displaced due to war, poverty, or persecution? – Present your findings.	
	Find out what different people in your community do. With a family member, talk to a firefighter, a librarian, a construction worker, and people in other professions that interest you.	
	Create a presentation, information leaflet on community cohesion. Research what makes communities work well together and present.	
	Organise a get-together and encourage your neighbours/friends to share their concerns about the local area/environment. Create an action plan about how to improve the local area.	
	Host an Earth Day celebration at your home. <a href="https://www.kids-world-travel-guide.com/earth-day.html">https://www.kids-world-travel-guide.com/earth-day.html</a>	
	Organise and host a weekly book club with your friends. Plan the sessions and present.	
	Find out about social injustice. Create a presentation to share with others about an area that interests you.	
	What actions can you take to make the world a more equitable and sustainable place? Create a presentation in any way you choose, sharing what you did and the difference it made.	
	Visit a religious building that is not familiar to you.	
	Research one of the following charities and find out what they do; Oxfam, Save the Children, Greenpeace, RSPCA	
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### Important Information

#### **Gold Level awards**

To be completed during the children's time in **Year 3 and 4**

- Parent responsibility to date and sign when a task is achieved.
- Parents to email/notify teacher when the Gold level has been completed for one of the award strands.
- Teacher to record achievement on school system.
- Gold level certificates to be awarded during whole school assembly.
- Ready for Life award journal to be shared with class if completed.
- If a child in the class has completed one of the tasks in school, parents will be notified through discussion, email or Twitter.

#### **Platinum Level**

To be completed during the children's time in **Year 5 and 6**

Children cannot start Platinum Level until they have completed the equivalent Gold Level strand eg. if you wish to achieve the Platinum 'Take Notice' Award you need to have completed Gold level first.

- Parent responsibility to date and sign when a task is achieved however children MUST bring in evidence of each task completed which will be reviewed by the class teacher or a member of the Senior Leadership Team.
- Parents to email/notify teacher when Platinum level has been completed for one of the award strands.
- Teacher to record achievement on school system.
- If any of the class has completed one of the tasks in school, parents will be notified through whole class email or Twitter. eg. Dragons Den, Red Nose Day "don't forget to tick off your passports."
- Ready for Life award journal to be shared with class if completed.
- Platinum level certificates and lapel badges to be awarded during Christmas and end of year assemblies. Parents to be invited in.
- **MUST HAVE**: Children to present examples of projects at Platinum Awards exhibition at Christmas Fair and Summer Fair in outside classrooms.

#### **The Ready for Life Award**

Achievement of all five awards at Platinum levels

- Child to be presented with cup/medal by an external visitor at the end of year assembly – parents to be invited in.

